

Alyssa Vitella

Dr. Baich

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Reflection Schizophrenia

- During the “Auditory Hallucination” I had many different feelings come up. Initially I felt scared of the voices, they were overwhelming. When I began to try and do something that required any amount of thinking, I was not able to focus. I only wanted to listen to the voices. I had the urge to dive deep into what they were saying. The feeling of being ‘numb’ is a good way for me to describe it.
- I had mainly emotional and cognitive discomfort. As I described I was unable to focus and felt numb during the process of trying to write words down while listening to the voices. At some point while listening I had the urge to cover my ears even though that would not actually stop the voices.
- I felt alone during the simulation. Hearing the voices makes you feel like you are the only one hearing them because they sounded specific to myself.
- I was able to accomplish some tasks although I had to try extremely hard to focus on one thing. Once I made some progress I immediately went back to not being able to focus on anything.
- It changed my view on people with schizophrenia to being able to understand what they are going through better. I feel I can communicate with them better now that I know it must be very difficult to concentrate on anything. It did increase my empathy.

- This exercise will increase my empathy as a nurse for those struggling with mental illness.
- I would recommend this to other students because we never really know what someone is going through. This activity gives us a slight insight of what someone with schizophrenia may experience.